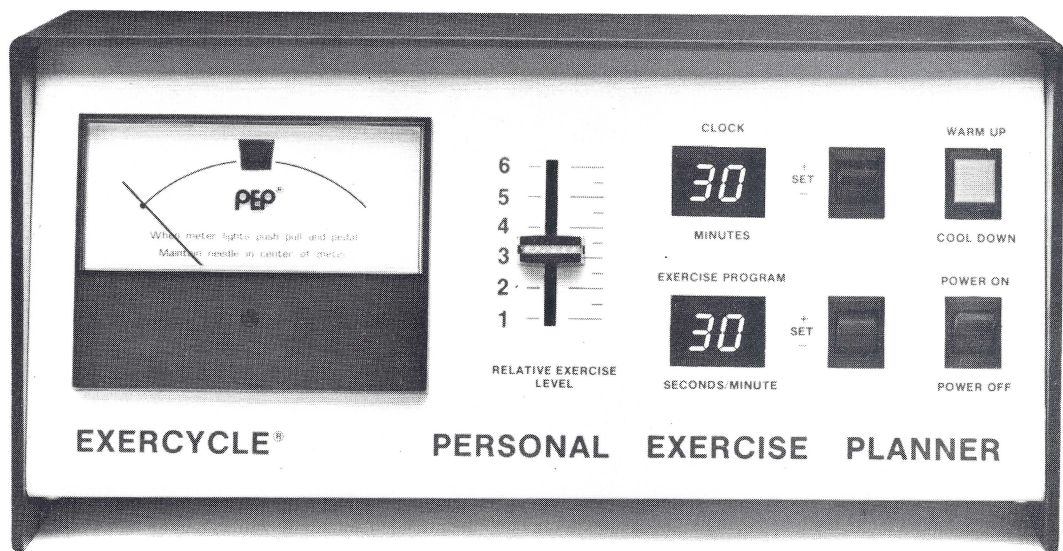


PEP[®] TALK.



PEP® THE NEW PERSONAL EXERCISE PLANNER.

"How long do I Push, Pull and Pedal?" "Am I exerting enough pressure?" "How am I doing?" These questions made us realize that many people, while enjoying the benefits of EXERCYCLE's ALL-BODY ACTION®, feel the need to work within a well-ordered routine. Therefore, we at EXERCYCLE®, have created the Personal Exercise Planner, or PEP® System. PEP® lets you customize your own exercise program and helps you stick to it by giving you a goal to work towards, plus an accurate indication of your daily progress.

The PEP® unit is connected electrically between the wall outlet and your EXERCYCLE® exerciser, and works like this: First, decide how long you want to exercise, how much of the session is to be *active* (working to accelerate the machine), and how much effort you want to exert during the active period. Then set the PEP® dials accordingly. When the meter is lit, you actively work to accelerate the motions of the machine. When the meter light is off, you passively follow the machine's motions.

Your PEP® unit can be programmed in two different ways to obtain maximum cardiovascular benefits:

"Intermittent" Sequence — Set for an alternating active/passive workout. (See Pages 3-4)

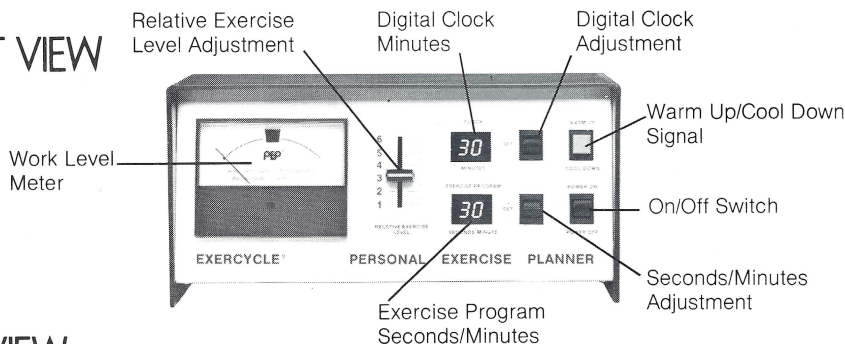
"Continuous" Sequence — Set for a period of active exercise only and attempt to constantly stay at a selected exercise level. (See Pages 5-6)

For example, the PEP® program most widely used by the average EXERCYCLE® owner is as follows:

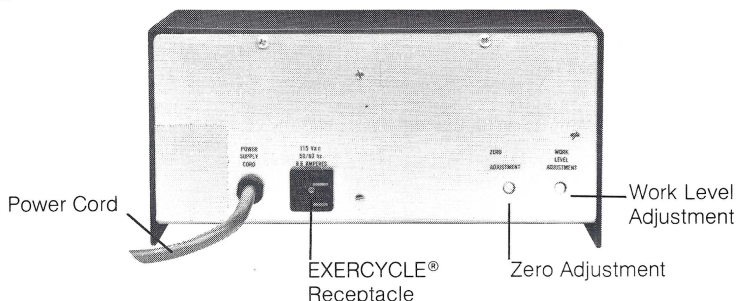
1. A 5-minute passive, no-work warm-up period following the pleasant EXERCYCLE® movements.
2. A 20-minute period of either intermittent or continuous exercise.
3. A final 5-minute passive, no-work cool-down period.

By personally programming your PEP® Unit, you can then create an exercise sequence tailored precisely to your own individual needs — a custom program to keep you in top physical condition throughout your life!

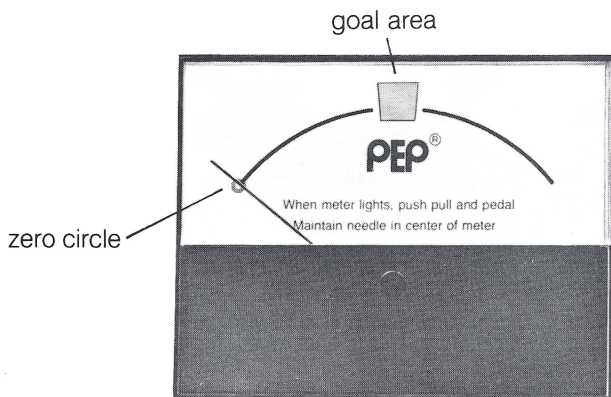
PEP® FRONT VIEW



PEP® REAR VIEW



ADJUSTING THE PEP® UNIT



For optimum results, the PEP® must be adjusted to function properly with your particular EXERCYCLE®. It will be necessary to have someone ride the EXERCYCLE® exerciser while you make the adjustment. Before making the adjustment, make sure the weight control is set for the person who will be riding the machine.

1. Be sure the EXERCYCLE® exerciser is connected to the PEP® and that the PEP® is plugged into the wall socket.
2. With rider seated on the machine, turn on both the PEP® unit and the EXERCYCLE® exerciser and complete the five minute warm-up period.
3. Have the rider sit on the EXERCYCLE® in a completely relaxed manner, exerting no pressure on the pedals or the handlebars and with the relative exercise level indicator set at 3.
4. Adjust the Zero Set Control by inserting

a screwdriver in the slotted nylon control stud on the back panel of the PEP® unit.

5. Turn the Zero Set Control clockwise so that the needle on the Work Level Meter swings upward toward the green goal area (see illustration).
6. Now turn the Zero Set Control counter-clockwise so that the needle returns to the zero circle. The needle will oscillate slightly. Adjust the Zero Set Control so that the movement of the needle is just below the zero circle. If the needle hits the meter stop occasionally, do not be concerned . . . this is a normal condition. The PEP® unit may require some adjustment whenever parts are replaced on either the PEP® or the EXERCYCLE®. Minor adjustment may be desirable during the machine's break-in period.

TRY IT.

Since we recommend that everyone start with PROGRAM LEVEL 1 and work up to a more advanced level, let's try it that way.

Make sure your PEP® unit is turned off; then plug unit into the wall receptacle and your EXERCYCLE® exerciser into the socket in the back of the PEP® unit.

1. See that the EXERCYCLE® is set for low speed and is turned off.
2. Set the "Relative Exercise Indicator" on the PEP® unit at "1".
3. Turn on the PEP® unit.
4. Set the digital "Conditioning Seconds" to "10" by pushing up on paddle switch and release when the correct number appears.
5. Set the digital clock to the length of time that you want to exercise. This should include a 5 minute warm up and a 5 minute cool down period. To set the clock for the time you wish to exercise, push up on the paddle switch and release it when the correct time appears. This will activate the flashing warm-up/cool-down light. You can reduce the time on the digital clock by pushing down on the paddle switch. Once set, the clock will automatically count down to zero.
6. Seat yourself on the EXERCYCLE® exerciser and while lifting the safety trigger, pull the EXERCYCLE® switch to the "ON" position.

While the warm-up/cool-down light is flashing, ride relaxed, allowing the machine to prepare you for exercise. When the warm-up light goes out, you are ready for your exercise period. The green target area on the meter dial will illuminate. At this point, begin the gentle push . . . pull . . . and pedal

rhythm, exerting just enough pressure on the pedals and handlebars to keep the dial needle in the green target area. Continue to exert the necessary effort as long as the green light is on.

When the green light goes out, relax again, letting the machine do the work. Continue these alternate work and relaxation periods until the end of your exercise session. The cool down light will begin to flash the last five minutes of the session and will be a relaxation period to ease tensions and relax muscles.

At the end of your exercise program, the flashing cool-down light will go out and the digital clock will be at zero. With the EXERCYCLE® seat and handlebar at their lowest position, push the EXERCYCLE® switch to the "OFF" position and turn off the PEP® unit.

Work Level Adjustment

The work level may seem too high when you are first beginning your exercise program and you may wish to decrease the effort required to move the needle to the center of the meter. This can be done by turning the work level adjustment screw in the back of PEP® unit clockwise until you can comfortably exercise at Level 1.

PEP:® CUSTOM EXERCISE PLAN.

Program Level	Relative Exercise Level	Conditioning Seconds*
1	1	10
2	1	20
3	1	30
4	1	40
5	1	50
6	1.5	10
7	1.5	20
8	1.5	30
9	1.5	40
10	1.5	50
11	2	10
12	2	20
13	2	30
14	2	40
15	2	50
16	2.5	10
17	2.5	20
18	2.5	30
19	2.5	40
20	2.5	50
21	3	10
22	3	20
23	3	30
24	3	40
25	3	50
26	3.5	10
27	3.5	20
28	3.5	30
29	3.5	40
30	3.5	50
31	4	10
32	4	20
33	4	30
34	4	40
35	4	50

Program Level	Relative Exercise Level	Conditioning Seconds*
36	4.5	10
37	4.5	20
38	4.5	30
39	4.5	40
40	4.5	50
41	5	10
42	5	20
43	5	30
44	5	40
45	5	50
46	5.5	10
47	5.5	20
48	5.5	30
49	5.5	40
50	5.5	50
51	6	10
52	6	20
53	6	30
54	6	40
55	6	50

*Seconds per minute of active exercise.

It is assumed that you are in a reasonable state of good health for all program levels, and will benefit from exercise. If you're the least bit in doubt, see your physician.

TRY IT.

Since we recommend that everyone start with PROGRAM LEVEL 1 and work up to a more advanced level, let's try it that way.

Make sure your PEP® unit is turned off; then plug unit into the wall receptacle and your EXERCYCLE® exerciser into the socket in the back of the PEP® unit.

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*Seconds per minute of active exercise.

It is assumed that you are in a reasonable state of good health for all program levels, and will benefit from exercise. If you're the least bit in doubt, see your physician.

EFFECTIVE CARDIOVASCULAR TRAINING WITH EXERCYCLE®/PEP.®

You know that a regular exercise program will help you feel better, look better and work better. But how do you know how much exercise is right for you? Medical researchers have developed this easily-used technique to help you find out.

The "Target Zone"

The "Target Zone" is a range of exercise activity measured by your heart rate which gives you sufficient exercise to improve fitness while staying within the limits of comfort and safety. Basically, the "Target Zone" lies between 70% and 85% of your *maximal* heart rate. (Your maximal heart rate is the fastest your heart can beat, no matter how hard you exercise.)

Below 70% you achieve no real benefit in terms of increased fitness, and above 85% there is little additional result from a great deal of extra effort.

Finding Your Target Zone

The graph shows the maximal attainable heart rate and the Target Zone for men and women aged 25 to 65. As you can see, the maximal heart rate decreases with age — by about one beat per minute per year. At a given age, the maximal heart rate is approximately 220 minus your age in years. It should be noted that all of these figures are averages and some individuals will have maximal heart rates significantly different from those shown. **Please remember, also, that before embarking on any exercise program you should have the approval of your physician.**

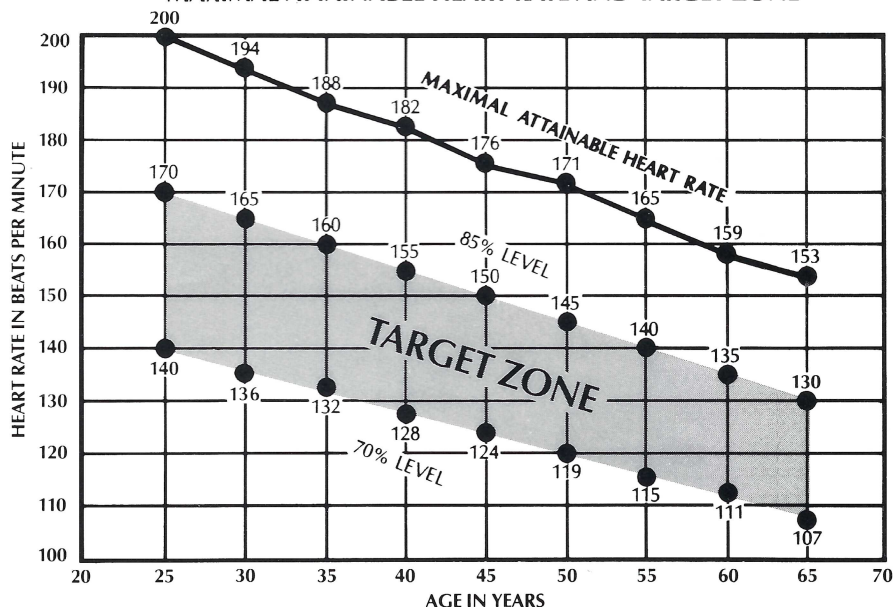
Checking Your Pulse Rate

To find out whether or not you are in your Target Zone, you must take your pulse. There are two locations where this is easiest to do: your neck and your wrist. Place your fingers gently over the carotid artery, which is located just in front of the large muscle that runs up each side of your neck. Press your fingers against the artery with just enough force to feel the pulse. The pulse at your wrist is taken by placing your fingers on the under side of the wrist below the thumb.

Getting into the Target Zone With Your Exercycle® Exerciser

Your Exercycle® program should consist of 5 minutes of warm up, followed by at least 20 minutes of exercise in the Target Zone, followed by 5 minutes of cooling down. After you warm up, start actively exercising at a level which is making you work hard but is still comfortable. After 5 minutes, shut off your Exercycle® exerciser and count your pulse *immediately*, because your heart rate drops very quickly. Count your pulse for 10 seconds and multiply by 6 to obtain your pulse rate for 1 minute. This will tell you whether you need to exercise more or less strenuously to stay in your Target Zone. At the end of your 20 minute exercise program, do not stop suddenly. Keep your Exercycle® exerciser going for a 5-minute cool-down period, and follow its motions to give the circulatory system time to redistribute blood from your muscles to the rest of your body.

MAXIMAL ATTAINABLE HEART RATE AND TARGET ZONE



Take It Easy at the Beginning!

Individuals who are substantially overweight or who have been inactive for a long period will find it more comfortable to begin their exercise program at 60% of their maximal heart rate and gradually increase this until reaching their Target Zone. The most common mistake made by people in beginning an exercise program is to do too much too soon. It took years to get out of shape; give yourself a little time to get going again.

PEP® Makes it Even Easier

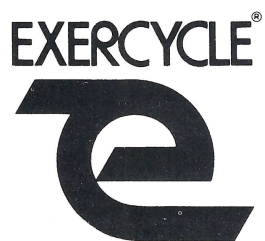
Your PEP® (Personal Exercise Programmer) attachment makes it easy to stay in your Target Zone. You can correlate your exercise heart rate with a particular relative exercise level setting on the PEP®. For example, after 5 minutes of exercise at a relative exercise level setting of 3, you may have a heart rate of 135 beats a minute. If you are 45 years old, that would put you right in the middle of your Target Zone. You would then know that as long as you kept your PEP® set at level 3 you are hitting your target zone — without having to keep checking your pulse.

The "Training Effect"

After 3 to 6 weeks of regular exercise, a "training effect" will occur and your heart rate will drop to a lower level for the same amount of exercise. Your heart rate when you are resting will also decrease as evidence of your improved cardiovascular fitness. Once this "training effect" has occurred, you should then increase the relative exercise setting on your PEP® to get your exercise heart rate back up into the middle range of your Target Zone.

A Word About Exercise From the American Heart Association

A booklet distributed by the American Heart Association says that "the best type of program is one which uses both your arms and legs and achieves the training effect on the cardiovascular system by conditioning the muscles of both." This is exactly the kind of exercise you get from your Exercycle® — the ultimate physical fitness machine.



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